

March 2024



Spring Forward

Spring is a time of renewal and growth. And here at CSCNT, spring also means that summer is quickly approaching. If you have any children in your life who have been impacted by cancer, we hope you will consider having them join us for our super fun, no cost, half-day summer camps. Each of our three in-person locations will be hosting a week of games, crafts, snacks, and special visitors.

- Tarrant County: June 24-28
- Dallas: July 8-12
- Collin County: July 22-26

For more information and to register, please call your closest clubhouse, or email info@cancersupporttexas.org.

In March our Dallas Clubhouse is hosting family fun events during spring break, March 11-15. The Tarrant County location invites you to join for a walk in the park on March 6, and for line dancing and chili eating at a Texas Independence Day event on March 1. In Collin County, we hope you are feeling lucky for the “Luck of the Irish” event on March 8, and for Game Time on March 1 and 15.

March is Kidney Cancer Awareness Month, Colorectal Cancer Awareness Month, and Multiple Myeloma Awareness Month. Awareness months aim to educate about different cancer types, potential preventative measures, and can serve as a reminder to get annual screenings.

Have a wonderful month. We can’t wait to see you all soon!

March Event Highlights

Friday Funnies: An Improv Comedy Show
Dallas County Clubhouse

Friday, March 22, 1:00 - 2:00 pm

**Texas Independence Day Chili Cookoff
& Line Dancing**

Tarrant County Clubhouse

Friday, March 1, 5:30 - 7:30 pm

Spring Egg Craft

Collin County Clubhouse

Wednesday, March 13, 2:30 - 3:30 pm

Please register via our website calendar so we can adequately prepare.

Mission

CSCNT uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Vision

Everyone impacted by cancer receives the support they want and need throughout their experience.



CSCNT Staff came together to celebrate 2023 with a lunch in January.



Welcome to our new Communications and Marketing Manager, Angela Chambers.



Enjoying each other's company at the Dallas Clubhouse's 'Teatime at the Red Door' event. We hope you will join us for the next one on March 14.

A Warm Welcome

Cancer is overwhelming and disrupts lives. Community gives a sense of hopefulness. We are a relentless ally for anyone who is managing the realities of this disruptive disease. Through support groups, individual counseling, healthy lifestyle activities, social events, resources, and children's programs, you'll find the community to help you navigate your cancer experience.

Nothing takes the place of the power, inspiration, companionship, and connection that comes from community. We provide relevant and highly personalized support when and where it is needed most because **Community is Stronger than Cancer.**

We Appreciate You

Last year CSCNT received new donations from nine members. We're very grateful for their support because every gift, no matter the size, allows us to continue providing all our services and activities to over 1,000 members and their families across North Texas.

We realize the hardships cancer causes and know a donation to CSCNT from members isn't always possible. That's why we keep all of our services free and will continue to do so. If you would like to join the group of members who contribute financially either monthly or through a one-time gift, please visit <https://cancersupporttexas.org/donate/>.

Thank you for considering a gift this year.

About the Calendar

Events on each calendar are color coded as seen below. To view the full calendar of events and to register, please visit our website calendar online or by scanning the QR code on the calendar page using a mobile device.

Support & Networking Group

Healthy Lifestyle Class

Educational Presentation

Social Event

Clubhouse Tours & Volunteer Orientations

Noogieland Event (Children's Programming)

To join a support group, you must be added to the roster by a member of our team. Please reach out to your clubhouse via phone or email info@cancersupporttexas.org for more information.

How to Become a Member

Anyone who has been touched by cancer can join Cancer Support Community North Texas. That includes men, women, and children living with any type of cancer, as well as their family and friends. Cancer Support Community brings people together who are experiencing similar situations. Whether you're looking for an understanding ear, a chance to laugh, or an informational resource, this is the place to learn how to live with cancer, whatever the outcome. All programs and services are provided at no cost to participants.

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Get in Touch

Fill out our contact form online or give us a call for more information. You are welcome to sign up for one of our scheduled clubhouse tours.

Dallas County Clubhouse: 214-345-8230
Collin County Clubhouse: 972-981-7020
Tarrant County Clubhouse: 682-212-5400



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Create Your Plan

After completing the new member paperwork, we will schedule you for an individual planning meeting with a licensed staff member. You'll learn more about our program and discuss how you would like to participate at the clubhouse. Once you have completed this process, you'll have the full benefit of membership and can attend all of our great offerings.

March

8196 Walnut Hill Lane, LL10 | Dallas, TX 75231 | Phone: (214) 345-8230
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



Dallas County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's Coming Up: Volunteer Appreciation Event - Thursday, April 11, 5:00-7:00 pm. Minority Health Awareness Carnival - Saturday, April 20, 12:30-2:30 pm. Member Group Dinner - Tuesday, April 30, 5:00-6:30 pm. Noogie Nights - Tuesday, April 30, 6:30-8:00 pm. Special Thanks: Julia Anderson, Holly Sullivan, Jennifer Miller, Jane Cornish Smith, Jim Williams, Kristen Wingfield, Stephanie Shea, and Alpha Omega Hospice. Eventos con la marca de* indique su descripción se encuentra en español en el calendario del sitio web.				1	2
				24 Form Tai Chi with Jim 10:00-11:00 am	Clubhouse Closed
4 Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm Living with Loss Support Group 1 6:00-8:00 pm	5 Yin Yoga* 3:00-4:00 pm Living with Cancer Support Group 6:00-8:00 pm	6 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	7 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Grupo Amigos Unidos Virtual – Presentación: Los Fundamentos de los Ensayos Clínicos* 6:00-8:00 pm	8 24 Form Tai Chi with Jim 10:00-11:00 am Volunteer Orientation 12:00-1:00 pm	9 Clubhouse Closed
11 Family Fun Day: Let's Create with Fuse Beads 10:00-11:30 am Living with Loss Support Group 2 12:00-2:00 pm Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm	12 Family Fun Day: Game Day 10:00-11:30 am Yin Yoga* 3:00-4:00 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	13 Family Fun Day: Lunch & A Movie 10:00-11:30 am Managing Cancer-Related Fatigue Workshop #1 1:30-2:30 pm Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	14 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Family Fun Day: Paint & Snack 10:00-11:30 am Tea Time at the Red Door* 11:00-12:00 pm	15 24 Form Tai Chi with Jim 10:00-11:00 am Family Fun Day: St. Patrick's Day Bingo* 10:00-11:30 am	16 Grupo Amigos Unidos* 10:00-12:00 pm Noogie Super Saturday* 10:00-12:00 pm
18 Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm Clubhouse Tour 4:30-5:30 pm Living with Loss Support Group 1 6:00-8:00 pm	19 Yin Yoga* 3:00-4:00 pm Visita a la Casa Club* 4:30-5:30 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	20 Managing Cancer-Related Fatigue Workshop #2 1:30-2:30 pm Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	21 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Art Workshop: Wooden Painted Eggs 1:00-3:00 pm	22 24 Form Tai Chi with Jim 10:00-11:00 am Friday Funnies: An Improv Comedy Show 1:00-2:00 pm Bingo Night!* 6:00-7:00 pm Sound Bath Meditation* 7:30-8:15 pm	23 Clubhouse Closed
25 Living with Loss Support Group 2 12:00-2:00 pm Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm	26 Yin Yoga* 3:00-4:00 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	27 Managing Cancer-Related Fatigue Workshop #3 1:30-2:30 pm Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm New Member Social Hour* 4:00-5:00 pm	28 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	29 24 Form Tai Chi with Jim 10:00-11:00 am	30 Clubhouse Closed

March

10840 Texas Health Trail, Suite 120 | Fort Worth, TX 76244 | Phone: (682) 212-5400
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



Tarrant County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's Coming Up: Don't forget to register for Camp Noogie June 24-28, 2024 from 9:00-12:00 pm! Special Thanks: To Kelly Laschinger MSN, RN, CPNP, CPHON, Manager for our Clinical Trials Basics Presentation!				1	2
				Texas Independance Day Chili Cookoff and Line Dancing 5:30-7:30 pm	Clubhouse Closed
4 Living with Advanced Cancer Support Group 2:00- 4:00 pm	5	6 Walk in the Park at the YMCA 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm	7 Clubhouse Tour 10:00-11:00 am CCBD Open Support Group 11:00-12:30 pm	8	9 Breast Cancer Networking Group 10:00-11:30 am Super Noogie Saturday 10:00-11:30 am StrongHer Yoga 11:45- 12:45 pm
11 Qigong & Tai Chi with Ron 1:00-2:00 pm Living with Advanced Cancer Support Group 2:00-4:00 pm	12	13	14	15 Crafting and Camaraderie 10:30-12:30 pm	16 Clubhouse Closed
18 Living with Advanced Cancer Support Group 2:00-4:00 pm	19	20 Gentle Yoga with Mindful Meditation 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm	21	22 St. Patty's Day Bingo! 2:00-4:00 pm	23 Clubhouse Closed
25 Qigong & Tai Chi with Ron 1:00-2:00 pm Living with Advanced Cancer Support Group 2:00-4:00 pm	26 Clubhouse Tour 3:00-4:00 pm	27	28 Bereavement Social 5:30-6:30 pm	29 Volunteer Orientation 12:00-1:00 pm	30 Clubhouse Closed

March

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (972) 981-7020
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



Collin County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's Coming Up: Camp Noogie: A half-day camp for kids impacted by cancer. July 22-26				1	2
Special Thanks: Rajani Sinha, Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker				Game Time! 2:00-4:00 pm	Clubhouse Closed
4	5	6	7	8	9
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm			Noogie Night: Luck of the Irish 5:30-7:30 pm	Neuroendocrine Networking Group 11:00-12:30 pm
11	12	13	14	15	16
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm	Spring Egg Craft 2:30-3:30 pm Volunteer Orientation 4:00-5:00 pm	Clubhouse Tour 12:00-1:00 pm Member Dinner 5:30-7:00 pm	Game Time! 2:00-4:00 pm	Clubhouse Closed
18	19	20	21	22	23
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm	Breast Cancer Networking Group 1:00-2:30 pm	Sound Bath Meditation 12:00-1:15 pm Scrapbooking and Card Making 1:30-3:30 pm		Clubhouse Closed
25	26	27	28	29	30
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm	A Novel Idea Book Club 10:00-11:30 am New Member Social Hour 4:00-5:00 pm	Creating Peace of Mind 12:00-1:00 pm		Clubhouse Closed

March

All events below will be hosted virtually on Zoom
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



Virtual

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's Coming Up: Managing Cancer-Related Fatigue Workshop on Tuesdays, April 2, 9, and 16 from 12:00-1:00 pm. Mark your calendar for Mindfulness Workshop; a four-week workshop that will begin in April.				1	2
Special Thanks: Kelly Laschinger, Khoan Tuong Vu, MD, Whitney Meeks, Emily Atlas, Ben Garcia, and The Writer's Garret.					Clubhouse Closed
Eventos con la marca de* indique su descripción se encuentra en español en el calendario del sitio web.					
4	5	6	7	8	9
Living with Advanced Cancer Support Group 1 2:00-4:00 pm Living with Loss Support Group 6:00-8:00 pm	Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gently Yoga for the Soul 6:00-7:00 pm	Living with Cancer Support Group 6:00-8:00 pm	Qigong with Emily 1:00-2:00 pm Colorectal Cancer Networking Group 1:00-2:30 pm Grupo Amigos Unidos – Presentación: Los Fundamentos de los Ensayos Clínicos* 6:00-8:00 pm		Shining the Light on Myelofibrosis Educational Event 10:00-12:00 pm
11	12	13	14	15	16
Living with Advanced Cancer Support Group 1 2:00-4:00 pm Bereavement Workshop 6:00-7:30 pm Family & Friends Support Group 1 6:00-8:00 pm	Living with Advanced Cancer Support Group 2 2:00-4:00 pm Write to Heal 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family & Friends Support Group 2 6:00- 8:00 pm	Young Adult Support Group 12:00-1:00 pm Living with Cancer Support Group 6:00-8:00 pm	Mindfulness Drop-In Group 10:15-11:15 am Creating Peace of Mind 12:00-1:00 pm Qigong with Emily 1:00-2:00 pm Clinical Trials Support Group 1:00-2:30 pm		Breast Cancer Networking Group 10:00-11:30 am
18	19	20	21	22	23
Gardening Club 12:00-1:00 pm Living with Advanced Cancer Support Group 1 2:00-4:00 pm Living with Loss Support Group 6:00-8:00 pm Blood Cancers Networking Group 6:00- 8:00 pm	Clinical Trials Basics Presentation 12:00-1:00 pm Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	Living with Cancer Support Group 6:00-8:00 pm	Qigong with Emily 1:00-2:00 pm	Interventions to Navigate Cancer-Related Cognitive Decline 12:00-1:00 pm	Clubhouse Closed
25	26	27	28	29	30
Living with Advanced Cancer Support Group 1 2:00-4:00 pm Bereavement Workshop 6:00-7:30 pm Family & Friends Support Group 1 6:00-8:00 pm	Living with Advanced Cancer Support Group 2 2:00-4:00 pm Write to Heal 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family & Friends Support Group 2 6:00- 8:00 pm	Living with Cancer Support Group 6:00-8:00 pm	Mindfulness Drop-In Group 10:15-11:15 am Qigong with Emily 1:00-2:00 pm Cancer and Genetic Testing Presentation 6:00-7:00 pm	Frankly Speaking About Cancer: Push the Pause Button (for Caregivers) Presentation 12:00-1:00 pm	Clubhouse Closed

March 2024 Calendar & Newsletter

Member Information

Location and Colors

Be sure to note the color coding on the calendar indicating the type of event. Members are welcome to attend programming at any of our in-person locations or virtually. You must be added to our support group and networking group rosters by a member of our team.

Please Be Considerate

If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better. Thank you!

No Cologne, Perfume, or Tobacco

Due to members' strong reactions to smells during treatment, please do not wear cologne or perfume when at CSCNT. CSCNT is also a tobacco free environment.

RSVP For ALL Events

Please remember to RSVP for all events by registering through the website calendar, calling the clubhouse, or emailing info@cancersupporttexas.org in advance. Activities without sufficient enrollment will be cancelled.

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